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Save Yourself From Breast Cancer

Brandon Colby MD



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Journal of the National Cancer Institute, 1995

No More Horse Estrogen Roger Mason, 2001

Vegan Revolution Richard H. Schwartz, 2020 For over four decades Richard Schwartz has engaged with two ethically rich ways of living that as he charts in this book he came to appreciate in middle age Judaism and veganism Having been born into a secular Jewish family it was his marriage and an increasing commitment to social justice that propelled him to study and

rediscover the essence of his Jewish faith That sense of social justice further raised his awareness of the environmental movement and ultimately to animal rights and veganism In Vegan Revolution Saving Our World Revitalizing Judaism Schwartz shows how now perhaps more than ever veganism offers a pathway for all of us of whatever faith or no faith to reduce hunger conserve the environment save water reinstitute justice and care for animals and the Earth It is no coincidence as Schwartz demonstrates that many of these ideas are mandates in Jewish scripture and that reincorporating a care for the world tikkun olam can itself reinvigorate the spirit of a faith and galvanize its practitioners to act

Outsmart Your Genes Brandon Colby MD, 2010-04-06 Predictive medicine is the most exciting and potentially groundbreaking medical development in decades Written by Brandon Colby MD a leader in the fields of predictive medicine and genetic testing Outsmart Your Genes will empower you the reader with a clear understanding of exactly what predictive medicine entails and how it can be used today to protect your health as well as the health of those you love Written in straightforward nontechnical language Outsmart Your Genes enables everyone even those without any background in genetics or medicine to understand the benefits of predictive medicine Separating myth from fact and answering all the tough questions Outsmart Your Genes clearly explains How the revolutionary new medical specialty called predictive medicine analyzes your genes and provides you with clear solutions to protect your health and wellbeing What the process will entail and how simple it is For example the process doesn't even require blood or use needles instead all that's needed in order to run the analysis is a small amount of your saliva What your genes can reveal about your overall health and how we can use that information to provide you with a genetically tailored plan for preventing cancer Alzheimer's heart disease obesity and many other conditions As opposed to just generalities specific examples are given so that you'll know exactly how medicine will improve your life The many ways in which learning about your genes can help you formulate a genetically tailored nutrition and athletic plan that may help you shed those extra pounds and stay trim and fit How predictive medicine can help both prospective and current parents protect their children against SIDS and also help minimize the impact of and most effectively treat many other childhood diseases such as autism asthma dyslexia obesity and diabetes Why analyzing your children's genes may provide the best chance they have to fight against diseases that may not affect them until later in life including Alzheimer's many forms of cancer such as breast cancer and skin cancer multiple sclerosis and even hearing loss How groundbreaking advancements in the fields of genetic analysis including predictive medicine panels and disease matrix technology allow you and your physician to avoid information overload and focus only on the information most relevant to you The important concepts you need to understand before speaking with a doctor The top five questions you need to ask in order to assess The credibility of the laboratory doing the testing The types of diseases included in the test How thoroughly the test actually evaluates your risk for each of the diseases Whether the information is provided in a way that makes it actionable Whether the results will be delivered in a format that is straightforward and easy to understand

History of Vegetarianism and Veganism

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with my partner p 234 With a wealth of resources and up to the minute information The 10 Best Questions for Surviving Breast Cancer shows you how to move past a scary diagnosis and use the power of questions to become your own best advocate for your emotional mental physical and financial health **Breaking the Cancer Code** Geronimo Rubio,2013-08-07 Breaking the Cancer Code is a revolutionary approach to solving the cancer predicament by a world renowned medical expert and patient advocate Most doctors run scared from cancer believing it cannot be reversed by the bodys own natural defenses Here is a doctor who stood up to cancer in the lab researching how to impart teach the immune system to recognize and destroy cancer Coupled with his extraordinary cancer vaccine research this book documents the work of a consummate patient advocate specializing in natural healing solutions and the necessary mind set to reversing cancer This comprehensive work embodies all the components that help patients heal from this dramatic illness Extensive explanations of immunotherapy and cancer vaccines Integrative compilation of traditional medicines and holistic health building protocols Preventative self care strategies to build the immune system during and after cancer *Prevent and Reverse Heart Disease* Caldwell B. Esselstyn Jr. M.D.,2008-01-31 The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart disease Based on the groundbreaking results of his twenty year nutritional study Prevent and Reverse Heart Disease by Dr Caldwell Esselstyn illustrates that a plant based oil free diet can not only prevent the progression of heart disease but can also reverse its effects Dr Esselstyn is an internationally known surgeon researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary Forks Over Knives Prevent and Reverse Heart Disease has helped thousands across the country and is the book behind Bill Clinton s life changing vegan diet The proof lies in the incredible outcomes for patients who have followed Dr Esselstyn s program including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live Within months of starting the program all Dr Esselstyn s patients began to improve dramatically and twenty years later they remain free of symptoms Complete with more than 150 delicious recipes perfect for a plant based diet the national bestseller Prevent and Reverse Heart Disease explains the science behind the simple plan that has drastically changed the lives of heart disease patients forever It will empower readers and give them the tools to take control of their heart health

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